

WESTERN UNIVERSITY
Faculty of Health Sciences
School of Kinesiology
KIN 2951T

Speed, Agility and Power Training for Performance Enhancement

(Tentative)

INSTRUCTOR

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COURSE DESCRIPTION

Program development from periodization concepts, physiological and biomechanical principles of training components such as speed, agility and power will be examined. How these components can be trained, tested and integrated into a sport specific training routine will be addressed. The primary focus will be on speed, agility and power in running, jumping and throwing.

ANTIREQUISITES: A course of similar content and contact hours

COURSE OBJECTIVES:

1. To provide the student with an understanding of the science & theory underlying physical training and technique for speed, agility and power.
2. To develop competence in demonstrating all the techniques covered in the course.
3. To examine some methods of organizing and administering tests and measures for speed, agility and power.
4. To experience training for speed, agility and power.
5. At completion of this course the student should be able to design an effective training plan that incorporates speed, agility and power for any individual involved in any applicable sports.

COURSE MATERIAL: To be provided by the instructor.

COURSE CONTENT: -

WEEK 1	Mon. Feb 27	Proper Warm up for Speed, Power and Agility workouts, Mobility and Flexibility Training
	Wed. Mar 1	Speed Technique and Training
	Fri. Mar 3	Principles of Training, Sport Needs Analysis
WEEK 2	Mon. Mar 6	Speed Training
	Wed. Mar 8	Agility Training
	Fri. Mar 10	Program Planning, Annual Plan Structure
WEEK 3	Mon. Mar 13	Agility Training
	Wed. Mar 15	Reaction Time drills, Power Training – Medicine ball
	Fri. Mar 17	Developing Workouts for Speed, Agility and Power Physiology of Speed and Power
WEEK 4	Mon. Mar 20	Power Technique and Training – Plyometrics
	Wed. Mar 22	Testing Methods for Speed, Power and Agility
	Fri. Mar 24	Testing Methods Biomechanics of running

WEEK 5	Mon. Mar 27	No Class - Thanksgiving
	Wed. Mar 29	Presentations
	Fri. Mar 31	Review
WEEK 6	Mon. Apr 3	Presentations
	Wed. Apr 5	Presentations
	Fri. Apr 7	Written Test

STUDENT EVALUATION

- 30% Athlete, Sport Needs Analyses and 4 week Training Program (must be a sport which includes speed, agility and power) Friday October 9
- 30% Presentation of leading the class during a Speed, Agility or Power drill (5-8 minutes) (15%),
Written description of the presentation (15%)
- 40% Final Exam test based on the material in the course hand-outs, lectures and information presented in the practical portion of class

NOTES

This course will not use plagiarism checking software (NA to this course).

This course will not use computer-marked multiple-choice tests where software may be used to check for unusual coincidences in answer patterns that may indicate cheating.

This course will not use a "personal response system" (eg: clickers).

ATTENDANCE

Active participation in each class is mandatory. A student who cannot physically participate in a given class due to a moderate health or injury problem is expected to assist his/her classmates and the instructor. 1% will be deducted from a student's participation portion of their final mark for **each** unexcused absence.

Course/University Policies

- 1. Lateness/Absences:** A missed mid-term examination without appropriate documentation will result in a zero (0) grade. The course policy is not to allow make-ups for scheduled midterms, presentations or final exams, nor to assign a grade of Incomplete without acceptable and verifiable medical (or equivalent compassionate) reasons. Acceptable reasons might include hospital stays, serious illness, family emergencies (like serious accidents or illness, death) or similar circumstances.
- 2. Written documentation:** Whenever possible, students who require academic accommodation should provide notification and documentation in advance of due dates, examinations, etc. stating specific reasons and dates. Students must follow up with their professors and their Academic Counseling office in a timely manner. Documentation for any request for accommodation shall be submitted directly, as soon as possible, to the appropriate *Academic Counseling Office* of the student's Faculty/School of registration not to the instructor, with a request for relief specifying the nature of the accommodation being requested. This documentation should be obtained at the time of the initial consultation with the physician or walk-in clinic. These documents will be retained in the student's file, and will be held in confidence in accordance with the University's Official Student Record Information Privacy Policy. See <https://studentservices.uwo.ca/secure/index.cfm> for specific policy and forms relating to accommodation.
- 3. Grades:** Where possible assignment objectives and rubrics will be posted on OWL. Should you have a concern regarding the grade you received for an assignment or feel that it is unfair in any way, you must wait 24 hours from the receipt of the assignment to approach the instructor or TA. In doing so, please make an appointment and prepare in writing, with evidence, why you feel your grade is inappropriate. Please be aware that in requesting a grade reassessment, your grade could go up/down/or stay the same. Note that calculations errors (which do occur!) should be brought to my attention immediately.
- 4. Scholastic offences:** They are taken seriously and students are directed to read the appropriate policy, specifically, the definition of what constitutes a Scholastic Offence, at the following Web site: http://www.uwo.ca/univsec/handbook/appeals/scholastic_discipline_undergrad.pdf.

A) Computer marked multiple-choice tests and/or exams may be subject to submission for similarity review by software that will check for unusual coincidences in answer patterns that may indicate cheating.
- According to the **Examination Conflict policy**, "A student who is scheduled to write more than two examinations in any 24-hour period may request alternative arrangements through the office of their Academic Counsellor." **This policy does NOT apply to mid-term examinations.* There will be no make-up for the mid-term exam. Students who miss this exam with a valid reason will have the final re-weighted accordingly.
- 6. Classroom Behaviour:** Class will begin promptly at the time specified at the top of page one of this syllabus. In the event that you must arrive late, please enter the classroom with a minimal disturbance to the class. I reserve the right to lock the classroom door and deny entrance if lateness becomes a common occurrence. Excessive talking during class time is disruptive, disrespectful, and will not be tolerated. Students engaging in such behaviour may be asked to leave the room. Cellular phones, pagers, and text-messaging devices are disruptive when they ring in class. If you must bring these with you, please place them on silent mode or turn them off during class. Failure to do so may result in your being asked to leave.
- Laptops for the **purpose of typing lecture notes** are permitted in class, but please be respectful to your fellow students and turn the sound off. If I receive complaints from other students regarding noise or other disruptive behaviour (e.g., watching videos on YouTube.com, updating your Facebook status, playing Solitaire), your classroom laptop privileges will be revoked.
- Audio and/or videotaping of lectures is not permitted unless approval has been sought from the instructor in advance.

STUDENT CODE OF CONDUCT

The purpose of the Code of Student Conduct is to define the general standard of conduct expected of students registered at Western University, provide examples of behaviour that constitutes a breach of this standard of conduct, provide examples of sanctions that may be imposed, and set out the disciplinary procedures that the University will follow. For more information, visit <http://www.uwo.ca/univsec/board/code.pdf>

ENGLISH PROFICIENCY FOR THE ASSIGNMENT OF GRADES

Visit the website <http://www.uwo.ca/univsec/handbook/exam/english.pdf>

SUPPORT SERVICES

There are various support services around campus and these include, but are not limited to:

1. Student Development Centre -- <http://www.sdc.uwo.ca/ssd/>
2. Student Health -- <http://www.shs.uwo.ca/student/studenthealthservices.html>
3. Registrar's Office -- <http://www.registrar.uwo.ca/>
4. Ombuds Office -- <http://www.uwo.ca/ombuds/>